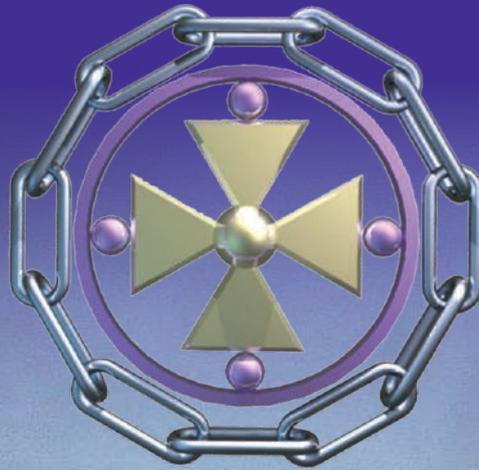


# THE CATINDIAN

Year 1/Issue 11/July 2020



*Don't miss this issue....*

**LIFE IN A LOCKDOWN**



**PAGE 4**

**DEACONATE**



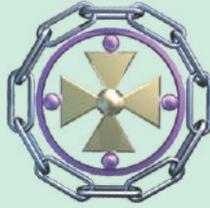
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**ST. MARY MACKILLOP**



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# *The Catenians*

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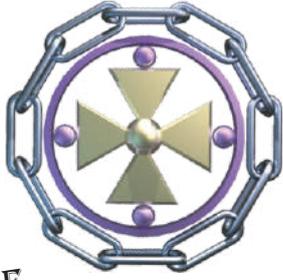
*Strengthening family life  
through friendship and faith*

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The Catenians are a non-political Catholic Men's Organisation founded in England in 1908 to promote friendship, family life and the Catholic faith and have now grown to over 10,500 members in 4 continents. Catenians cherish their ladies and families and involve them in many activities. Our local groups are known as Circles and meet at least once a month. Catena is Latin for "Chain" and our Circles form a chain of friendship and faith around the world. In India we have 6 circles in Goa, 3 circles in Mumbai and 4 circles in Karnataka

## **VALUES**

1. We will always be encouraging, supportive and helpful to fellow members and their families and be non-judgemental in any dealings.
2. We will behave in a courteous manner at meetings and functions, observing dress codes and maintaining high standards of behaviour.
3. We will always strive to live our personal and business lives in accordance with the ideals of our Catholic faith, where every person matters.
4. We encourage each other to take part in public life through individual action but we do not bring our political affiliations into our meetings or social gatherings.
5. We will always recognise that the circle with its brothers and their families is the most important entity of the association.
6. We will ensure that the association's governing bodies do all that is possible to enable each circle to flourish.
7. We will abide by the obligations of membership.



# THE CATINDIAN

Published Monthly by  
**Bro. Agostino Fernandes**  
for

**The Catenian Association  
in India**

## Editorial Board:

**Bro. Domnic Lobo**  
Andheri Circle 376

**Bro. Francis Rodrigues**  
Malad Circle 364

**Bro. Neves Braganza**  
Donapaula Circle 356

**Bro. Joey Carvalho**  
Panjim Circle 353

**Bro. Agostino Fernandes**  
Panjim Circle 353

## Editor:

**Bro. Joey Carvalho**  
Panjim Circle 353

**catindian1@gmail.com**

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## From the Editor's Desk

Bro. Joey Carvalho

Digital is now a new reality. Our favourite Association is also trailing this line. Friendship, faith and family along with fun is now different, and digital dilution has made interesting inroads. Picnics, parties, marriages, birthday celebrations, anniversaries all off for the moment officially. The main switch of the real world we were used to and accepted is off. Installations of Circle Councils are now digital. Meetings are digital. Fellowship is digital. Dining and wining is digital. Being a practicing Catholic is digital. And if someone becomes dear to the Lord, the last rites are digital too. In a matter of two months we have graduated from digital marketing, photography and communication to a digital reality.

This has its own 'benefits' too. The Catenian Association meetings which were ritualistic in nature, and could be stretched to accommodate all questions are now private with the value of time being the essence. Tablecloths, hotel layout, igisinia, name tags, the sign of peace with a personal touch, formal outfits, registration have literally gone for a toss. This shows that the fellowship is more than ritualistic with hearts burning to reconnect even if it is only digital.

I have been participating in a few digital versions of the Catenian meetings, both in India and abroad. I can 'see' brothers I have never seen before, or ever will. From my point of view these meetings really have no meaning, and cannot replace the real thing. It's like liking the menu to see if what you want to order will taste good. 'Taste and see for the Lord is good'. These meetings are tasteless. Brothers are now Drothers. The Holy Father has clearly said that a Holy Mass on TV is not a mass. We gathered in one place as a congregation with the sacraments is the church. TV is not the real thing, and I go with him in context to the Catenian meeting format too. Digital rosaries? In my recent past lifetime, all members of a family had to be at home at 8 pm to join in the family rosary when all united with the rest of the families in Goa with a thought of reverence to the mother of our Savior in unified prayer. Rosary was spiritual then now its digital! Last year Panjim circle participated in the way of the cross on a hill with families, and life sized statues now its digital! There is no substitute for the human touch however much we

digitize our minds to accept this reality. Forgive me if I sound old-fashioned and outdated. I am. I was brought up in a wonderful world where the proof of the pudding was in the eating while salivating. I will never be satisfied with a digital caramel custard.



A few of my concrete views, even though nothing is written in stone where this new world, digitally connected is concerned.

Let us begin with India. We did install Areas and Circles in the last few days. A few brothers found it difficult to connect as they were not as net savey, with spouses and children helping. And this was a concern for those who were already on line and on time. In an allotted period of forty minutes, some who were to be installed came on the scene affectionately after twenty minutes and then raced through the proceedings at the speed of the yet to come bullet train.

Some made committees and disclosed big plans for entertainment..... before being installed, believing that they were already in charge, with calendars for the year being drawn up ahead during a lockdown!

Some to be installed councils went to the extent of meeting at secret locations for installation with insignia et all, without a care for government regulations on social distancing, mask and restricted numbers.

A Circle meeting I attended in the UK I must say was begun by the host on the dot and that valuation of time is a fantastic commitment to punctuality. India may have more watches than any other country but.....

To sum up. I believe these are teething problems and hopefully they will improve soon, in the near future, if the digital world is here to stay. I can confidently say in a modified statement by Our Lord, 'digital reality was made for man, not man for a digital reality'. And flesh and bone can never be replaced with a digital variation, even if we get a chip installed in the human body a bite of food cannot be replaced with a byte!

Let us pray to accept the will of God in our friendship and fraternity, with Love in our hearts.

# THE CATENIAN EXPERIENCE

Bro. Joey Carvalho

What is special about a Catenian? Is he some sort of an upper middle class Catholic? Why do they meet once a month only? Can't they meet more often than that? Do Catholic principles really matter in these digital forwarding days? What does the insignia justify? Are not the prayers and procedures outdated?

If I go on like this there will be no end to the questions that can be asked, and the purpose of this article will be definitely defeated.

There must be a pinpointed methodology as to what the actual Catenian Experience without the question marks is. And hopefully I will attempt to do this with a few guidelines from the association itself.

The primary requirement for membership is simple. Be a practicing Catholic. The problem arises when you try to define these parameters. But what it means is to be in full communion with the church. Whether you are in a state of grace is another matter altogether! No one comes close to the perfection of the Lord Jesus but as a Catenian you can always be helped to walk rather than talk about love, forgiveness and faithfulness in your actions with a discipline which goes beyond what is expected of a faith filled catholic gentleman. Those who condemn will be condemned ultimately. Brotherhood is a tough calling and not for the faint hearted. And change to be a genuine person from one that is fake has always been painful. It's like a caterpillar becoming a butterfly, designed to soar, rather than spend life crawling and gnawing on leaves, when one's actual destiny is feeding on nectar from flowers of beauty. Many put a full stop after the chrysalis stage by having excuses for not attending meetings or secretly escaping the fellowship which is contributing as well as contributory to each one's personality.

Just one paragraph on what the Catenian experience is not, for a clearer picture! Most brothers today are resorting to a false sense of bravado masqueraded as true brotherly love to peddle their secret agendas and have councils of their own which meet in secret to object to

what the actual one decides with gossiping and threats of the silent type. Obviously actions speak louder than words! These parallel 're-education camps' of indoctrination by so called experts are obvious, but apparently not Catenian in nature. Some Past Presidents have dogmas of brotherly love written large, with justified shortcuts adding to the mess, with their own blinkered tunnel vision, one sided interpretations of the end result not being important, making this process reek of a faulty thought process. We are dealing with humans not horses so those blinders need to be removed. With this thinking all one can see is the death of a fraternal bond with nothing but a dead end at the end of the tunnel. Olympic gold medal winners, grand slam tennis record holders definitely must be concentrating on the process it implies. The state of the Indian hockey teams after Dhyan Chand shows the process versus results theory in the correct light, with our country at the receiving end after being champions for years!

3

What is the category of a practicing catholic that the Association is looking for? Is it intellectual brilliance, ability to humour, status in society, wealth, educational qualifications, profession, or family background. I personally feel that none of these matter. Could it be humility? I remember a brother at a monthly meeting who claimed that, "there is no one as humble as me"!

And as Christ himself said "It is not those who say Lord, Lord who will enter the kingdom of heaven, but those who do the will of the Father", I say that that it is in the practice and application of the Catenian principles and not talking about fellowship, brotherhood, fraternal love that helps one to become a better Catholic, a better person and a true Catenian in spirit and in deed. And to understand that is a vocation, in which the proof of the love which animates the association has no substitute. That to me is the Catenian experience.

## #Life in a Lockdown

Bro. Francis Rodrigues

(Secretary Designate & Communication Cell Head MMC 364 and Treasurer, AC31)

The word 'lockdown' as opposed to locked up means a state of isolation or restricted access instituted as a security measure.

What are the oft-repeated videos you have seen on Whatsapp during the lockdown? You see Bollywood stars stage photo ops doing Yoga or 'Jadoo Pocha' or someone giving expert advice on sustainability to stay calm during the lockdown. You have the idealists preaching on a healthy lifestyle with perhaps home-made remedies. But what caught my fancy most, was pictures of men (yes men – they are actually from this planet), in the kitchen. And good golly, I have read somewhere that there is an online competition to judge men who make the best rotis! Unimaginable in the pre-Covid days but a reality now. It seems as if, when everyone was home and the maids were away, most household chores fell upon the men.

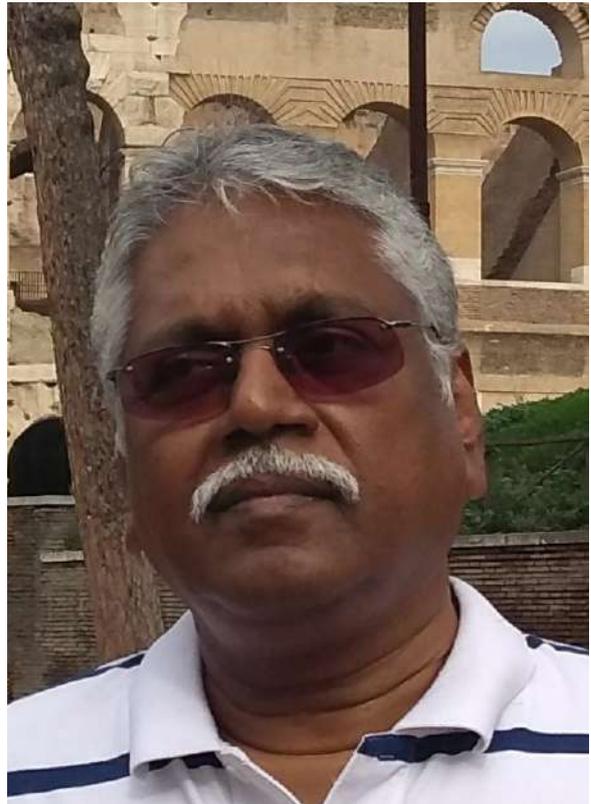
As the nation faces an unparalleled and indiscriminate rampage of the ravaging Coronavirus, code named



Covid 19, the consequent lockdown has metamorphosed our lives in many ways. It has thrown millions of lives in disarray. When announced, there was panic and mayhem in the streets, never witnessed before. Every person was literally stocking goods as if there

was no tomorrow. As a consequence of this pandemonium and turmoil, many like yours truly were left staring at empty shelves at the local supermarket.

Everyone is now going online. School children are now staring at video screens attending online classes for hours every day. Teachers are busy



preparing online lessons in such a way as to ensure maximum eyeballs. A tough ask, considering that this hardly ever happened before.

The Indian film industry too has not been spared. With multiplexes closed, shoots and releases postponed indefinitely, the industry is now preparing itself for a major setback. In a frantic attempt to garner some cash flow, the producers are now turning to online platforms.

Our very own Catenian meetings are being held on an online platform. Recently we had the Stations of the



# MY JOURNEY TO PERMANENT DEACONATE

by Bro Michael Tan

## 1. What inspired you to do it?

I had become aware in the course of caring for the dying as a doctor that some of the most difficult and complex medical issues involved the care of abuse survivors. Many of these abuse survivors are too angry with the Church to accept the ministry of a priest or pastoral associate. Yet, their anger cannot be simply labelled as a 'mental health' issue. Their anger, disillusionment and sorrow reflect their need for healing from God, and forgiveness of the perpetrator and the church. This is so that they can be at peace with God, live in hope in the face of death and look forward to joining the communion of saints after death. Clearly, this spiritual issue goes beyond the role of a medical professional. Hence, I decided to retire after a 30-year career in General Practice Palliative Care to take on a role in the formation of Catholic Health Care Professionals who are caring for the dying. This was five years ago, and thanks be to God, is coming to an end as I enter the last phase of my formation before ordination.

## 2. The process

The process initially consisted of a discernment process, which included an interview and psychological testing. Once accepted, I entered into the first stage of formation, known as aspirancy. This first stage consisted of a 4-year process of human, spiritual, pastoral and intellectual formation. Having just completed this phase, I have now been accepted into the second phase of formation by my bishop. This second phase is known as candidacy. Candidacy is the final phase of the journey to ordination, which should occur within the next twelve months.

## 3. The role



The deacon is ordained by the bishop to be a herald of the Gospel –this is expressed in terms of believing what he reads (i.e. the Gospel), teaching what he believes and practising what he teaches. He is ordained for ministry, and not for priesthood. This means that the only things he cannot do that the priest can do is to consecrate the eucharist at Mass and hear Confession. He is conformed through sacramental grace to Christ the servant. This means that he follows Jesus in obedience to the mission received from the Father. He serves the Church in Word, Sacrament and Charity.

## 4. The responsibilities

At Mass, the deacon proclaims the Gospel and intercessory prayers on behalf of the people. He invites the people to exchange the sign of peace, and at the end of Mass, sends the people into the world to bring the Good News into their homes, workplaces, professional life, and everywhere in the world where they have influence. He can also celebrate baptisms, marriages and funerals. While placed in a Parish, he has a Diocesan focus since he is ordained for ministry and not priesthood. This means that he is usually assigned to a Diocesan ministry such as youth, police, prison, or hospital chaplaincy.

5. A bit about your background

I am originally from Malaysia. I grew up in a Chinese family, none of whom are Catholic. My parents sent me to a Catholic school with the De la Salle brothers in Malaysia. I then became a Catholic, having been baptised at the Easter vigil when I came to Australia in 1975.

I completed my final year of secondary schooling in Sydney before undertaking medical studies. Since graduation, I have completed postgraduate studies in Family Medicine, Theology and Professional Ethics. I am married, with no children. Since retirement five years ago, I enjoy taking our dog for an hour's walk every morning for exercise.

6. Your Catenian journey so far

I joined the Catenian Association in 2000 when I became a foundation brother of the City of Parramatta Circle in Province 21 ( Eastern Australia). I have taken on various roles on my Circle Council as well as on Provincial

Council. This included Provincial Membership Officer, Chamberlain and Provincial President. I have also just rejoined the Provincial Council of Province 21 as Councillor for my home Circle.

7. Current involvements

Currently, I am the Conference Convenor for the Australian National Deacons Conference, to be held in October 2021 in Parramatta. All Catenian brothers, especially deacon brothers, are welcome to attend with their wives. Hopefully, the travel restrictions will have lifted by then.

I have also just been invited by some of my colleagues from when I was still in medical practice, to join a Flatten-the-Curve Faith-based-Communities Group, consisting of medical professionals and faith-based communities such as Catholic, Christian, Hindu and Muslim community leaders. The aim is to create a group that can ensure that the professional messages do not become too overwhelming or not understood well by the ordinary members of different faith communities. This is an interesting group, and maybe I will write about this group in a later issue of Catindian.



## St. Mary Mackillop - Patron Saint of Australia Catenians



Mary Helen MacKillop RSJ (15 January 1842 – 8 August 1909)

was an Australian nun who has been declared a saint by the Catholic Church, as St Mary of the Cross. Of Scottish descent, she was born in Melbourne but is best known for her activities in South Australia. Together with the Reverend Julian Tenison-Woods, she founded the Sisters of St Joseph of the Sacred Heart (the Josephites), a congregation of religious sisters that established a number of schools and welfare institutions throughout Australia and New Zealand, with an emphasis on education for the rural poor.

## JRS Catena MacKillop

The Australian National Council and the Sisters of Saint Joseph have agreed that their foundress and Australia's first Saint - St. Mary of the Cross (MacKillop) should become a patron Saint of the Association in Australia.

Prior to the restrictions imposed on everyday activities by the COVID-19 pandemic it was the intent to formally consummate this during the Association's Sydney Conference Mass. With this now not possible the formal ceremony will now form part of a pre-recorded Mass which will "go to air" on YouTube just before 6pm

AEST (the time has been chosen as it is within waking hours for most Catenians across the world) on her feast day – Saturday August 8, 2020.

The Mass, which will be that of her Solemnity, will be celebrated in the Mary MacKillop Memorial Chapel (North Sydney) where she is buried and details of how to connect with this Mass will be made available once it has been recorded.

**John Secker**  
Secretary  
Australian National Council

## Youth - A time to cultivate Patience.

There is a story about Dr Thomas Cooper who edited a dictionary during the reign of Queen Elizabeth. He edited a learned dictionary with the addition of thirty three thousand words, and many other improvements. He had already been eight years in collecting materials for his edition, when his wife, who was a malignant woman, going one day into his library, burnt every note he had prepared under the pretence of fearing that he would kill himself with study.

The doctor shortly after came in, and seeing the destruction, inquired who the author of it was. His wife boldly avowed that it was the work of her mischievous hands. The patient man heaved a sigh and said, "Oh, Dinah, thou hast given me a world of trouble!"

Then he quietly sat down to another eight years of hard labour, to replace the notes which she had destroyed.

Indeed, if we take a quick look around ourselves, our world today is rampant with IMPATIENCE. We are impatient with our Parents, brothers, sisters, wives, husbands, children, teachers, Priests & Nuns, Government authorities, bosses, subordinates. We are impatient with the traffic, we are even impatient with ourselves. Often we see incidents of road rage and accidents because of lack of patience for a few seconds.

Youngsters today want fast money. They discontinue their studies and run away to far off lands just to make a quick buck. Result- no proper family life, a second class citizen in an alien land, cut off from friends & relatives for prolonged periods of time and at the end of it probably loss of all the beautiful assets left by their ancestors in our motherland.

A NYC Taxi driver once arrived at an



address and honked the horn. Since no one came out to his cab he walked up to the door and knocked. After a long pause, the door opened. A small woman in her 90's stood before him. By her side was a small nylon suitcase. 'Would you carry my bag out to the car?' She took his arm and they walked slowly toward the curb. She kept thanking him for his kindness. 'It's nothing', he told her.. 'I just try to treat my passengers the way I would want my mother to be treated.' 'Oh, you're such a good boy, she said. She gave him an address and asked him to follow a certain route. 'It's not the shortest way,' The cabbie said. 'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice. 'I don't have any family left,' she continued in a soft voice..The cabbie quietly reached over and shut off the meter. For the next two hours, they drove through the city. She pointed to building where she had once worked as an elevator operator, the neighborhood where she and her husband had lived when they were newlyweds, the furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she asked him to slow in front of a particular building or corner and would sit staring, saying nothing. Towards the

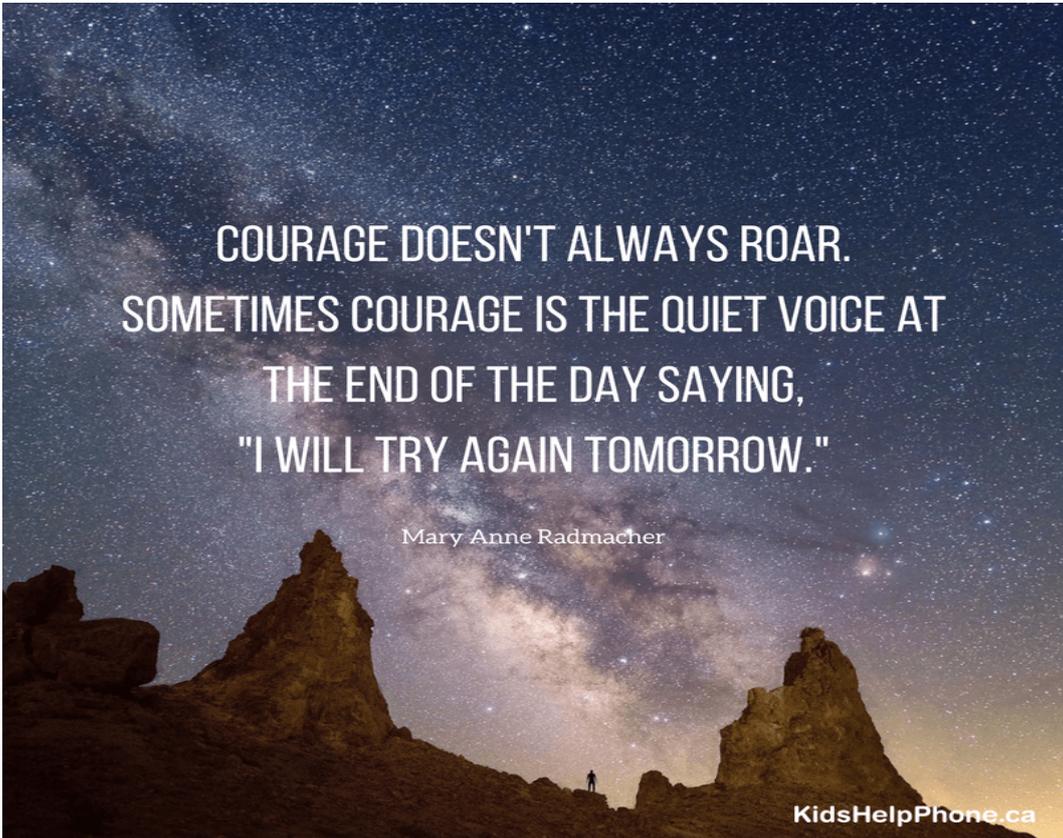
evening, she suddenly said, 'I'm tired. Let's go now'. Two orderlies came out to the cab as soon as the cabbie pulled up. He opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair. 'How much do I owe you?' She asked, reaching into her purse. 'Nothing,' the cabbie said 'There are other passengers,' As he left, the cabbie bent and gave her a hug. She held onto him tightly. 'You gave an old woman a little moment of joy,' she said. 'Thank you.' Behind him, a door shut. It was the sound of the closing of a life. For the rest of that day, he could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware-beautifully wrapped in what others may consider a small

one.

Youth is the time to cultivate patience. A time to work hard. A time to study. A time to prepare for a good future. If we do this we will always bloom where we are planted.

The author, Gertrude Tooley Buckingham once wrote, "Have patience, my friend, have patience; For Rome wasn't built in a day! You wear yourself out for nothing in many and many a way! Why are you nervous and fretty When things do not move along fast; Why let yourself get excited over things that will soon be past?"

*The author is a Master Mariner and a ship and Marine surveyor in Goa. He represents numerous National & International organizations in the world of shipping as a technical consultant.*



COURAGE DOESN'T ALWAYS ROAR.  
SOMETIMES COURAGE IS THE QUIET VOICE AT  
THE END OF THE DAY SAYING,  
"I WILL TRY AGAIN TOMORROW."

Mary Anne Radmacher

KidsHelpPhone.ca

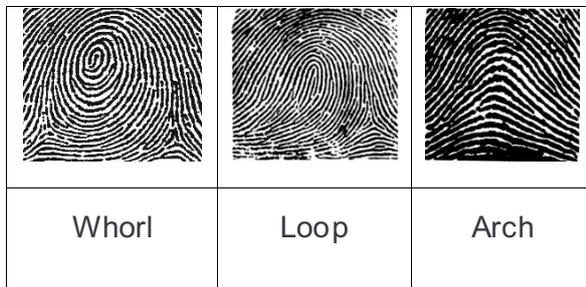
# Your Fingerprints...!

STANLEY COUTINHO

We have all heard of fingerprints and how they aid in crime detection. There is another field associated with those squiggly clues found on crime scenes. Called Dermatoglyphics, it helps analyse your personality, your intellectual strengths and limitations, your aptitude for certain branches of study and careers. The word is derived from the Greek for Skin (Derma) and Symbol (Glyph); the "symbol" can be used to

represent words as in "Hieroglyphs" or in carvings of ancient rocks as in "Petroglyphs". So, dermatoglyphs are a study of the patterns on your fingertips and their relationship to a specific part of the brain, which in turn allows an analysis of your personality and your potential. Incredible but true!

There are three basic patterns as seen in the diagram below:

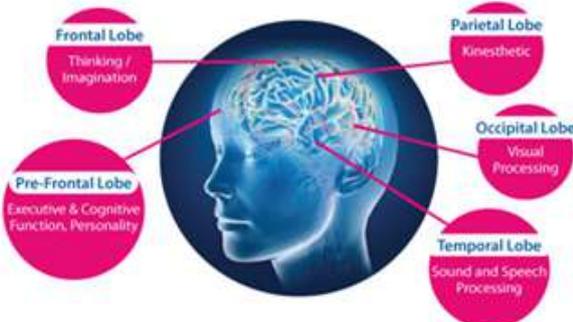


Each of these patterns has sub-types (Please see the box alongside). Now, if you take the number of these and work a permutation-combination exercise, you would get an infinite number. To that, add the combinations on the ten finger tips, and the possibilities are mind-boggling.

Ⓒ A visit to Usgalimal will reveal petroglyphs from over 10,000 years vintage, on the banks of the River Kushavati.

So, it is quite clear that each individual will have a very unique combination of dermatoglyphs – a fact that has been established beyond doubt by criminal law and practice.

Dermatoglyphics goes several steps further. First of all, it links each finger with a specific part of the brain. The brain, as most of us are already aware, has the following parts – on each side.



## SUB-TYPES OF FINGER-PRINTS

### WHORL

- Target Whorl
- Spiral Whorl
- Target Elongated Whorl
- Spiral Elongated Whorl
- Peacock Whorl
- Imploding Whorl
- Double Loop Whorl
- Composite Whorl
- Accidental Whorl

### LOOP

- Ulnar Loop
- Ulnar Reverse Loop
- Radial Loop
- Radial Reverse Loop
- Falling Loop
- Peacock Loop

### ARCH

- Simple Arch
- Tented Arch
- Ulnar Arch

A visit to Usgalimal will reveal petroglyphs from over 10,000 years vintage, on the banks of the River Kushavati.



You will see that the thumb is connected with the prefrontal lobe which determines our potential for executive and cognitive functions and our personality. Interestingly, this is supported by the other well-known fact that homo sapiens is the only animal with the prefrontal cortex; it is also the only animal that can use its thumb. Simians don't have the prefrontal lobe and are not able to use their thumb. This helps in understanding the direct relationship between the thumb and the prefrontal lobe.

Having established that there is a definite link between finger-print formation and the various lobes of the brain, dermatoglyphics goes on to describe the characteristics of each pattern. A whorl, for instance, indicates above-average intelligence and leadership qualities while a loop would mean average intelligence and a tendency to go with the flow. An arch, which is less frequently found, indicates an analytical mind, difficult to get along with, and may need mentors. The interpretation depends largely on the particular finger on which a specific pattern is found. While the thumb constitutes "personality" it is important to see whether the thumb has a whorl, loop or an arch. Further, the right thumb (which reflects a focus on oneself) carrying a whorl would show a highly focussed individual, goal-oriented, strong-willed and persistent – and will be perceived by others as stubborn, individualistic/egoistic and/or blunt. The same pattern on the left thumb (which

connects to the right brain) would be indicative of a more people-centred leader who flourishes on interpersonal skills.

Similarly, the middle finger depicts "energy" – the right middle finger /left parietal lobe controls the finer muscles while the left middle finger /right parietal lobe controls the gross muscles; the former would indicate an artistic bent while the latter may show a tendency towards sports. The ring finger depicts the communication zone; the left ring finger /right temporal lobe depicts emotional, non-verbal communication while the right ring finger /left temporal lobe is indicative of logical, language, grammar, rule-based communication.

Dermatoglyphics thus goes beyond the measurement of the Intelligence Quotient; it analyses the Emotional Quota, Creativity Quota and the Adversity Quota. With this "multiple intelligence" identification and analysis, the knowledge gained about a child, for instance, can be used effectively in Parenting Guidance (where parents are aware of their child's potential in particular areas of activity), self-management guidance for adults, and assistance for children in proper hobby selection, career guidance, and study guidance (as the analysis will show whether a child responds best to Visual, Auditory or Kinesthetic methods or a combination thereof). In short, it helps in identifying the "Core Competencies and Major Limitations" of an individual. And as this is scientifically determined, it forms a solid basis for future course of action. The Dermatoglyphics Multiple Intelligence Test (DMIT) draws its scientific base from Neuroscience, Genetics, Psychology and Embryology. It tests nine kinds of intelligence which each of us possesses in different ratios – this needs to be discovered by parents and teachers, if we need to discourage parents from forcing their children to get into professional courses that do not hold any interest for the children.

For further details and/or a formal presentation on the subject, you may contact me through The Catindian.



# TELEMEDICINE: WHAT IT IS AND ISN'T

Rohan Coutinho

The Corona virus or COVID-19, as WHO prefers to call it, has taken the world by storm. Overnight most of the world was locked down limiting the avenues of movement to where the human foot could reach. Not surprisingly, movement in the virtual world has increased manifold. While travel is banned, exploring the world on the internet and television continues. Meetings once held behind closed doors are held from the comfort of one's home. Visits to the doctor are now virtual-or are they?

Tele-medicine is a buzz word splashing across all media of information. Tele, which is Greek for far off or to a distance and medicine implying diagnosis or treatment. In simple terms, it is connecting with your doctor over an electronic medium to obtain a diagnosis or treatment for a medical condition or sickness. Historically speaking, telemedicine dates back to March 10, 1876 when Alexander Graham Bell called for help when he spilled battery acid on himself. The famous first words over a telephone, "Mr. Watson, come here! I want to see you", was actually a call for medical help. With the progress of time, telemedicine has become more refined and complex-technologically and legally.

Telemedicine can involve a simple telephone call between two physicians or something as complex as real-time, interactive, multipoint videoconferencing with application-sharing. Consultative care, direct patient care, image transfer, continuing medical education, and patient and family education all can be accomplished through tele-medical applications. Medical specialties for example radiology, dermatology, cardiology, psychiatry, and pathology all have used tele-medical applications. Many physicians have provided tele-medical services and long-distance education for years through phone communication with fellows and residents.

The Picture Archival and Communication Systems (PACS), which became popularized by radiology departments in the late 1980s and exist today in many health systems, are examples of tele-medical systems deployed in an institutional structure. The ubiquitous Internet is an example of a potential platform for telemedicine.

Telemedicine in India was a grey area of the law till recently. While it was not illegal there was no clear indication of its legality within the Indian legal framework. Due to the prevailing situation of COVID 19, the Medical Council of India recently issued guidelines 'legalising' the practice of tele-medicine. Receptivity and acceptance of this new form of health care service over a video-conference was almost immediate and fueled by two factors. Patients started taking to telemedicine for fear of getting an infection by visiting a healthcare facility. Doctors realized that no patients would walk-in during the lockdown and beyond and are clamouring to get on various telemedicine platforms.

There are several tele-medicine platforms available in India like Practo, mFine, Apollo 24x7 etc. Someday or other one might need to use such services. As the practice of tele-medicine has risen exponentially and health facilities are facing the brunt of the COVID situation, regulation is lax. While the government scrambles to provide health care facilities to the public, the onus of liability has been put on the doctors practicing tele-medicine. There are still a few points one needs to take into consideration while using a tele-consultation.

One, ensure that the medical professional on the other side is actually an MBBS doctor. Ideally, his Medical Council registration number should be made available to the patient at the beginning of the consultation. Ensure that the doctor is consulting from his chamber and not from a crowded area or any dingy background.

Two, insist on a prescription. Liability can, if needed, be enforced with a written prescription. The prescription should capture the patient history and vitals based on which a diagnosis will be issued by the consulting doctor.

Three, ensure that the doctor can hear you clearly and is using earphones. You never know who is recording information behind the camera as the information you share will be sensitive. Phone numbers, addresses, medical details etc can be misused in the wrong hands. In case the internet connection causes disturbances ensure that the doctor hears your information correctly. It would be advisable to share numerical data over a chat interface to ensure no errors.

Four, most importantly, read the consent form or disclaimer that might be part of the software application very carefully. The Indian Information Technology Act requires that every patient should consent to a tele-consult through a suitable form-email or physical form. In many cases, the consent form contains matter that absolves the doctor and the software platform from any kind of liability. The consent form may also have some clauses pertaining to use of data for research work. There are plenty of options for tele-consults so one can choose the safest.

Five, there are limitations to a tele-consult. Medical emergencies cannot be handled virtually unless there is a trained nurse or

doctor available. If there is an emergency, rush to the closest hospital.

Six, remember that the doctor does not have the luxury of touch in a virtual consultation. As such, all possible patient vital data needs to be shared with the doctor. Temperature, pulse rate and Spo2 are generally required. Patient blood pressure is another useful parameter that is required in certain consults. A recent ECG is also useful. Always ensure that the most recent lab reports are shared with the doctor to ensure a thorough diagnosis. In case you feel the need for updated lab tests ask the doctor to write the same in the prescription.

Tele-medicine has definitely paved the way for a new model of diagnosis. Hospitals are seeing a huge reduction in average patient footfall per day and doctors are looking for ways to keep in touch with their patients. Some hope that the situation will return to normal in a few months while others believe that tele-medicine is here to stay. Not too strangely, the words of Den Xiaoping come to mind, "It doesn't matter whether a cat is black or white, as long as it catches mice."

Lead-International Business Apollo Tele Health Services (ATHS), Apollo Telemedicine Networking Foundation (ATNF) & HealthNet Global Ltd. Son of Bro. Stanley Coutinho of Margao Circle.



**Lord  
Please end the  
pandemic  
Put an end to the  
Coronavirus  
Amen**

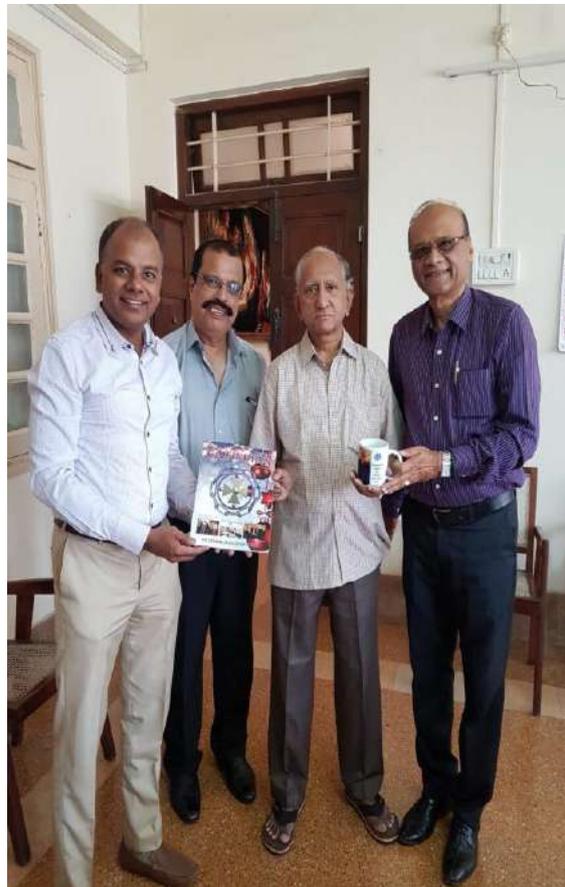
# REPORTS

## Message from Our Spiritual Director, Area 31

Consequent to our request to Cardinal Oswald Gracias, Archbishop of Bombay, Bishop Barthol has requested Rev Fr Michael Goveas to be the Spiritual Director of the Catenian Association Area 31. His message is reproduced here below:

My dear Fellow Catenians,  
In all the 54 years of my priesthood the only Catena I ever knew was the Legion Catena – the centre prayer in the legion leaflet which every legionary has to say every day. Now I've come to know that there is such an organisation as the Catenian Association. Hence I have taken the liberty to address all of you as my Fellow Catenians, even though I have not yet met you all except for the three Officers who came to meet me.  
As Cardinal Oswald through Bishop Barthol requested me to be the Spiritual Director of the Area 31 Catenian Association, I am looking forward to meeting all of you as and when the opportunity comes. I am looking forward to your meetings and your gatherings and families. I am looking forward to the removal of the Lockdown, which in turn will remove the lockdown that still exists between all of you and me.  
For the time-being my prayer is that God may keep you and your families safe from this terrible affliction that has come upon the world, and I also pray that the lockdown between us will end soon, sooner than later. With all good wishes  
Fr. Michael Goveas  
Basilica of Our Lady of the Mount, Bandra

Fr Michael Goveas was ordained a priest on 21st Dec 1966. He has been the Parish Priest of seven parishes, a Dean four times and a Consulter twice. He has worked extensively with the SCCs and the Good News Catechism. He loves to sing and to have his congregation join in with him. Fr. Michael is presently the Assistant Rector of the Basilica of Our Lady of the Mount, Bandra.



(L to R) Bro. Eugene Das, President, AC31,  
Bro Harry Coelho, Member AC31,  
Rev. Fr. Michael Goveas, our Spiritual Director & Bro. Robin Pereira, Vice President, AC31

## Andheri Circle New Council Installation - April 2020

The Andheri Catenian Circle 376 had their installation of new Circle officers and monthly meeting on 23rd April 2020 through ZOOM Video Conferencing. Bro Eugene, AC 31 President, welcomed all brothers – national and international brothers who had joined in. He gave a brief on the ground rules for the meeting, which helped maintained smooth flow of the meet. The main agenda was induction of new council for 2020-21.

This meeting was unique in the sense that apart from our regular monthly meeting, for the first time in the Catenian history, we had a virtual induction process on ZOOM of our new Council members. This was witnessed by 13 international brothers representing circles in UK and Malta and 6 brothers representing other circles in India from Goa, Thane, Chembur.

Bro Eugene expressed his thanks to Osterley Circle, UK for the induction procedure manual which was adapted for this ZOOM meeting. The induction process started with the new President of Andheri Circle, Bro Saver D'souza being inducted first, who in turn inducted other members in the council. The induction process was followed by our regular meeting.

Some comments from our brothers...

Bro Agostino – President of Panjim Circle expressed his warm congratulations to Bro Saver and team on behalf of Panjim Circle

Bro Edgar also congratulated the new team under the leadership of Bro Saver and mentioned that he is very close to the Andheri Circle and the way it has shaped up over the years is indeed commendable. He looks forward to its continued growth.

Bro John Rayer - Director, Development areas, responded to the warm welcome made by our new President – Bro Saver along with the new Council members of Andheri Circle. He also thanked Bro Anthony Philips for the text for the induction procedure. He also said that the COVID-19 has brought the international brothers together. His comments– “Andheri Circle – A True Global Catenian Circle” was heartening.

Bro Joe Delia, Director for Malta Catenians, while thanking bro Eugene for inviting him for the meeting, also agreed that this COVID-19 situation has brought all brothers closer through the social groups like Skype and Whatsapp.

Bro David Arundale, Vice President, Great Britain Circle, said that the participation in virtual meetings has increased as many brothers who cannot physically be present for the meeting due to meeting location and health issues, can now join in the virtual meetings. He was also looking forward to visit India very soon.

Bro Anthony Philips from Osterley Circle, while thanking for inviting him to the induction process, wished all the best to the new Andheri Catenian Council. He appreciated Bro John Rayer for the tremendous work that he is doing for India Catenians. Bro Eugene thanked him for the ZOOM meeting process script which helped adapt it to this meeting and take us through.

Bro John Rayer, in his closing note said that Catenians have evolved in this pandemic situation. He further added – “the use of new technologies like ZOOM are going to break down barriers and introduce us to new ideas which will be better for the association, and make us a more modern type of association”. Finally, he congratulated the new Andheri Circle President, Bro Saver D'souza and his team.

In conclusion, as it is said, “Necessity is the mother of invention”. The present pandemic situation has not stopped our brothers in finding new ways to remain connected through virtual platforms like zoom and skype... a true spirit of brotherhood and friendship displayed by our brothers.

The meeting concluded with a closing prayer by Bro Mariusz.

**Bro . Allan Pinto**  
Secretary – Andheri Circle 376

## The First Ever World Konkani Music Awards (WKMA) Organised by 5 Catenian Brothers

Enriching the future of Konkani music, a dream Allan Vaz (Founder of World



Konkani Music Awards) started harbouring way back while he was working with Zee channel on the promotions of Bollywood music and music of other languages.

Then there was an epiphany why not create platform for Konkani music talent that will give them a chance to showcase their talent not only in India but also to the world. Thus, the concept of World Konkani Music Awards was born. After 3 years of persistence Allan met with Anthony Paulus, Founder of Adroit Fire Safety Pvt. Ltd., and Arun Vaz, Alan Castelino, Dolphy Mascarenhas and Agnel Dsouza, Founders of Transformatrix LLP.



Transforming People is the primary mission of Transformatrix, and aligned

to this mission, they decided to make WKMA a reality, by becoming the primary promoters of the event along with Adroit Fire Safety Pvt Ltd. Thus, the first ever World Konkani Music Awards (WKMA) happened on the 7th of February at Dr. Shyamaprasad Mukherjee Stadium, Bambolim, Goa; one of the best venues to have a glamorous and scintillating awards night to celebrate Konkani music, and to showcase and felicitate Konkani music makers.

The build-up itself to the mega awards show was quite eventful. The World Konkani Music Awards was to be a platform for unearthing and also facilitating Konkani music talent not only in Goa or Mangalore but all over the world and then to award the best of that talent and showcase them to the world.



With that vision, the WKMA core team was formed. The team consisted of the founder Mr. Allan Vaz, the promoters from Transformatrix LLP, along with promoter Mr. Anthony Paulus. Award categories were identified and in-order to get people to participate the website [www.wkma.co.in](http://www.wkma.co.in) was created.

By mid-december, WKMA had received overwhelming participation of more than 150 entries across categories from Goa, Mangalore and even internationally from UK, US, UAE, Australia and New Zealand.



The entries were then shortlisted and passed on to the esteemed panel of jury of the first edition of WKMA which included International Diva Ms. Hema Saredesai; Editor of Rolling Stones magazine Ms. Nirmika Singh and MD – Turnkey Music & Publishing Mr. Atul Churamani.

After careful consideration based on various parameters, the judges shortlisted the nominees and the winners for the grand finale.

Parallely the efforts were happening in full-swing for the final event. About a month before the event the WKMA logo signature music was released which was created and composed by Music Director Merlin D'Souza and team.

World Konkani Music Awards was pegged to be the first of its kind awards show for Konkani music talent, something the world hasn't seen before.

It was conceptualised and created to be on the lines of internal awards shows such as the Grammys. And, the first edition of WKMA that was held on 7th February 2020 was every bit of what it was supposed to be.

Starting from the venue Dr. Shyamaprasad Mukherjee Stadium, a well-known stadium used by even Bollywood, and the location which was Goa, the epicentre of Konkani culture and music.

The Honourable Chief Minister of Goa, Dr. Pramod Sawant graced the event as the Chief Guest. The event was also attended by celebrities such as Baba Sehgal and Hema Sardesai, and stalwarts from the Konkani music fraternity Mr. Eric Ozario of Mandd Sobhan. Mr. Fredrick Mendonca (Founding Chairman of Dimensions) and Mr. Albert D'Souza (Chairman of Model Co-operative Bank and many others) were also present at the event. Dignitaries from the primary promoters and sponsors – Transformatrix LLP and Adroit Fire Safety Pvt Ltd. along with Anfarnd (Co-sponsor) and the other sponsors - Goa Miles, Big 92.7 FM, MAC Hotels, Manipal Hospitals, Furtados Music, Mall De Goa, INOX Goa, Citizen Credit Co-op Bank, Content Life Media, Belgian Beer, James Electricals and others.

The event was meticulously planned and



executed, right from the elaborate stage and LED setups to the lightings and the sounds. The awards ceremony was perfectly laced with mind-blowing performances.

Bollywood actor Luke Kenny along with Miss World Beauty Queen Runner-up Nakita Fernandes from Goa were the hosts of the event. Kenny's experience and spontaneity along with the Nakita's charm and glam, made a delightful combination for the audience of over a 1000 in numbers to enjoy.

There were performances by both the nominees as well as legends. While the

nominees with their songs and musical flair brought the freshness to the event, the likes of world-famous Lorna Cordeiro enthralled the audience with her performance that definitely made people reminisce the good old days of Konkani music. WKMA founder Allan Vaz also performed on one of his hit



Konakani numbers. The illusionist left the audience mesmerized with his mind-bending tricks. The whole social media was managed & executed by Meldon Morais. Adding the element of entertainment and glitz to the performances, Choreographer Toby Fernandes from



Jhalak Dikhla Ja along with his troop present a visual treat to the audience. Music Director Merlin D'Souza along with Toby's troop paid a fitting tribute to Sania Cotta. The awards were presented across the following categories: Best Singer (Male & Female), Emerging Talent of the Year (Male & Female), Best Song, Best Music Director, Best Lyricist, Best Music Video, Best Rock Band, Best

Film Music and Rising Star. Hema Sardesai received the Pride of Goa award and Lorna was presented with the Lifetime Achievement Award, both presented by Dr. Pramod Sawant, the CM of Goa. Special awards for contribution towards Konkani Music were also presented to Eric Ozario, Chris Perry and Alfred Rose.



One of the most memorable moments of the show was a live performance where Hema Sardesai, Merlin D'Souza, Lorna Cordeiro along with rapper Baba Sehgal. No one would have ever dreamt to see such a combination of artists across genres sharing one stage together. This one of a kind performance, thanks to WKMA 2020, was power-packed, fascinating and will be etched in memories of the audience for a long time Showcasing the true flavour of Goan culture was the highlight of the event - the carnival performance which was based on the music of the World Konkani Music Awards logo signature song. It was performed by Hema Sardesai, Merlin D'Souza, Allan Vaz, Nakita Fernandes. Toby and his troop were dressed in the carnival attire and really captivated the audience. This performance gave the event a fitting culmination, yet setting the tone for the future World Konkani Music Awards.

“WKMA” event compiled & written by – Alan Castelino

## Life after Covid-19

For those arguing on both sides that we must open now or it is too soon to open, this is the most important thing you'll read. I promise.

“Here's the question to answer:

When will it be safe to end the lockdown, to reemerge?

May 1st? May 15th? June? July? August?

Here's the real answer:

Never.

It will never be "safe".

Social distancing, staying at home, all of these measures were not to "cure" Covid-19. These were measures to slow it down, so as to not overwhelm our healthcare system.

For the most part, we've done that.

It does not change the virality of Covid, how it spreads from one person to another.

It has no effect on the mortality rate.

It was intended to delay it.

But as soon as we emerge, the virus will spread again and the people with weakened immune systems will still succumb to it.

This is a harsh fact.

The people who missed it this time, will eventually get it-regardless of if we emerge on May 1st or September 30th.

We need to protect our healthcare system to handle the load, but we don't need to mislead ourselves over the outcome of this quarantine.

It is slowing it down, but not curing it.

If you're driving to Pune from Mumbai at 50 kms an hour or 100 kms an hour, the distance doesn't change.

If your lifestyle is causing you to have a weakened immune system, use this time to correct that.

Otherwise, you've placed a target on your own back.

Now is not the time for indulging in comfort food - it's a time to give ourselves the healthiest, most robust immune system our body is capable of.”

“

**Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.**

Marie Curie

## STRANGER THAN FICTION

Bro, Joey Carvalho

A medical examiner receives the body of a man called Ronald Opus who has been killed by a shotgun blast to the head. Upon further examination it's revealed that Opus was killed in mid-air while committing suicide. A note was found near Ronald's body indicating that he was despondent and planned on taking his own life by leaping off the top of a 10 story building.

Now, in most cases, this would mean that the death would be ruled a suicide even though he was killed by the shotgun and not the fall. This is because the law usually rules that when a suicidal person is killed by an agent outside of their control in the middle of the act of committing suicide, it's still a suicide. This is why, for example, you wouldn't be charged for homicide if a suicidal person intentionally stepped in front of your car.

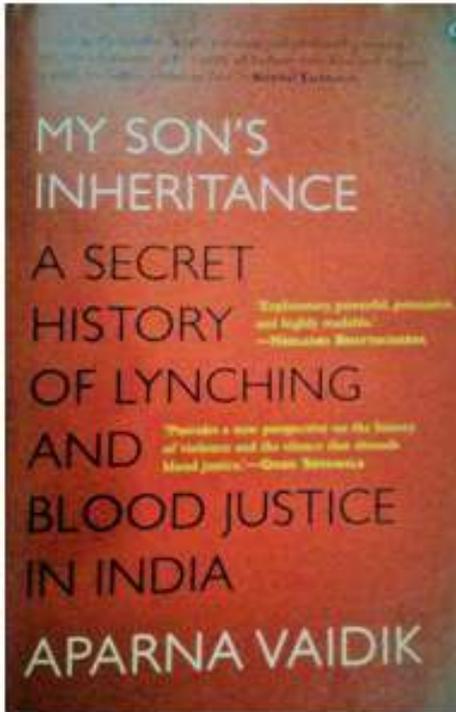
However, the case became complicated when the medical examiner found that, unbeknownst to Opus, a net had been installed on the 8th floor to protect window washers from falling. As a result, the medical examiner ruled that Opus would have survived the fall, meaning the shooter could potentially be tried for homicide. Upon further examination, the medical examiner discover the shooter was an elderly man who had been arguing with wife on the 9th floor and had, in anger, pointed a shotgun at her. The shotgun had gone off during the argument but due to the man's frailty and advanced age, it had pulled to the left and fired out of a nearby window at

the exact moment Opus fell past it. The medical examiner felt this constituted homicide as the man had pointed the shotgun with deadly intent and had killed someone. By law, even though the man had no idea Opus was there, he was still on the hook for the murder as he'd discharged the weapon while using it in a threatening manner- the man had pointed the gun with the intent to kill and killed someone, which seemed pretty open and shut.

When the man was presented with this information, though, both he and his wife insisted that the shotgun wasn't loaded and that in fact, the husband would frequently point the unloaded weapon at his wife during arguments, something friends and family could attest to. It was the opinion then of the examiner that the death was nothing more than a tragic accident. Until it emerged it wasn't.

While investigating the case, the examiner learned that the man's son had been seen loading the shotgun several weeks before the event. Soon afterwards, it came to light that the man's son had been cut off financially by his mother and it was assumed that he'd, in an attempt to have her killed, loaded the shotgun thinking his father would, as he often did, point it at her while arguing and accidentally kill her. With this new information, the examiner ruled that the son was guilty of causing Ronald Opus' death and asked the man for his son's name. The man responded- Ronald Opus.

Thus, one Ronald Opus, through a bizarre confluence of events, ended up being responsible for his own murder.



## MY SON'S INHERITANCE A SECRET HISTORY OF LYNCHING AND BLOOD JUSTICE IN INDIA

Aparna Vaidik

Aleph book company 2020

Pages 173 ₹499

### A JUSTIFICATION FOR VIOLENCE?

BOOK REVIEW BY STANLEY COUTINHO

When Shashi Tharoor calls this book “Searing, thoughtful, ...and profoundly moving,” one takes him at his word – and is sorely disappointed. The publishers go on to describe the book as “provocative, disturbing”, based on “groundbreaking explorations”, and promise to show that we have not been such a non-violent people as we claim to be.

Aparna Vaidik, a Ph.D. from JNU, the author of the book under review, finds “history” equivalent to witnessing the virat roop of Krishna in the court of Duryodhana.

The book is apparently addressed to her son, telling him of the secret history of lynching and blood justice prevalent in India – what is “secret” about it is not explained. In the prologue she asserts that our history of tolerance is one also of tolerance towards violence; and asks whether “these killings [are a] retribution – pay-back time for these communities...?” In the context of the rest of the paragraph, it is not clear whether this is a question or a suggestion.

She then moves into “deeply personal” (Tharoor's words) history – which is nothing but the story of her grandfather who converted to Arya Samaj and the story of

one Bharmall, an ancestor, who immolated himself in protest against cow-slaughter. Cow-slaughter/protection is another major topic in the book.

A considerable portion of the book goes into showing how the Aryan and non-Aryan communities grew apart while the identification of the “Other” (the Muslim, the Christian and the Dalit) as antagonistic to the Hindu became more and more pronounced – with British policies and without. Against this background, the “Aryan identity in time became a call to arms”. The Arya Samaj, she says, offered an opportunity to participate in collective action around gauraksha; the crowd generated “a sense of primordial kinship that may never have existed”. This new reality was then retrospectively projected back on all the pre-existing realities, dyeing them all in the colour of the present – creating the image of the historically violent Muslim, his excesses and insatiable lust.

The term virat roop needs some explanation for readers of The Catindian:

In the Mahabharata, Krishna meets the Kauravas as a negotiator on behalf of the Pandavas; the talks break down, and Duryodhana attempts to arrest Krishna. Krishna (the avatar of Vishnu) declares that he

is more than human and displays his cosmic form (virat roop) to Duryodhana and his assembly. The virat roop is seen on the battlefield when Krishna expounds upon matters relating to life and death, among other things. The virat roop darshan has been a recurrent representation of gods and goddesses, sages and asuras, good and bad, as we perceive in our own perspective of existence in this world.

While some writers agree that the Mahabharata is more comparable to Sun Tzu and Machiavelli than to Nehru and Mahatma Gandhi, others say that the epic does not lay down absolutes, although it deprecates excessive predilection for non-violence on the part of a king (Yudhishtira, in this case).

The last chapter deals with “lynching”. A politician brought out in his speeches that the word had originated in the ‘west’, implying thereby that whatever was happening in India was not “lynching”. A historian, worth her salt, is expected to have a more informed view. And, more important, in these disturbingly recurrent instances of violence, does it matter if the origins lie in myths of old – as she is trying to prove? Or is this theme undertaken as a chauvinistic rebuttal to the “modern” claim of a non-violent predilection on the subcontinent? Is it then a justification for violence in 21st century India?

Each act of lynching, she says, entrenches the Hindu supremacist’s sense of being a historical victim and in turn criminalises the Dalit, the Muslim or the Christian man. At the core of every lynching was the Hindu fear of the lustful Dalit or Muslim man who is after the Hindu cow and Hindu women.

She then reproduces two pamphlets said to have been composed by her grandfather – without any explanation or comments as to why they are placed in the book at all: one is on cow-protection, the other is on Mother Teresa (titled: Narak ka Farishta or Prophet from Hell). Her silence as to the contents or purpose of printing these pamphlets at this stage of the narrative raises its own questions – as does her deliberately provocative description of cooked kidneys that melted in the mouth, and fried blood, which were relished by her husband; and the “sweetest sound” made by animal hides used on drums.

In the Epilogue she tells her son: Inheritance by definition is not always of your choosing. But while you are tethered to it, you are no way bound by it. You are free to choose the elements ... that you wish to own, to discard, to celebrate, to be indifferent to, or even to fight. Your inheritance will acquire the meaning you give it.

Interestingly, Romila Thapar, the noted historian, (in her book “The Past As Present” published in 2014) declares that ... the communal interpretation of Indian history where ... communities are seen as antagonistic religious groups has been replaced by a more analytical investigation ... “. Further in the book, while speaking of the relationship of the past to the present, she warns, “we seldom stop to think of how much of our present hangs on what we assumed to be the actual past...”.

Interesting thoughts for a serious historian to work on.

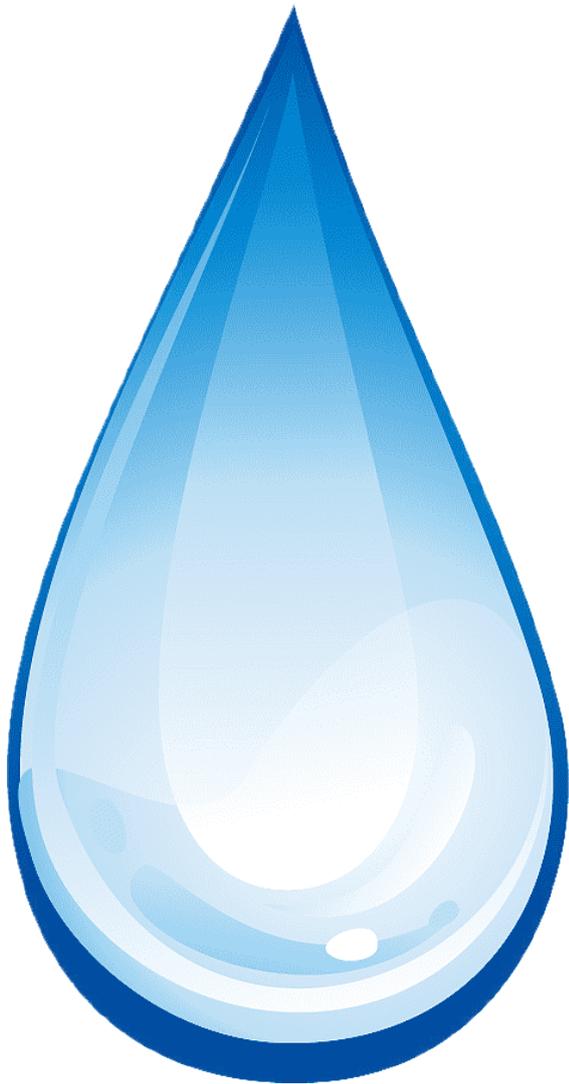
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## EVERY DROP MAKES THE OCEAN, EVERY BROTHER HAS A ROLE TO PLAY

Even though my typewriter is an old model, it works quite well except for one of the keys. I have wished many times that it worked



perfectly. It is true that there are forty-one keys that function well enough

but just one not working makes all the difference. Sometimes, it seems to me that our Fellowship is somewhat like my typewriter - - not all the people are working properly. You may say to yourself, "Well, I am only one person. I won't make or break a circle." But it does make a difference, because for any fellowship, to be effective, needs the active participation of every member.

So the next time you think you are only one person and that your efforts are not needed, remember my typewriter, and say to yourself, I am a key person in my Fellowship, and am needed very much, not to run a parallel council in a self-righteous dictatorial manner but democratic and fraternal, in spite of a leadership crisis created by presidents in perpetuity.

# POEMS

## AND THE BIRDS STILL SING

STANLEY COUTINHO

I woke up this morning,  
Unconsciously humming  
The strains of an old World-War song.

It sang of birds over  
The white cliffs of Dover,  
“Tomorrow...” when the world'd move  
along.

There'd be joy, 't said, 'n' laughter,  
And peace ever after,  
“Tomorrow...”, when, again, we'd be free.

'Twas then the German Fascists,

Those self-proclaimed racists,  
That brought the free world to its knee;

“Tis a Germ, a new virus  
Now, by far more insidious,  
As hundreds of thousands fall prey.

I'll sing a new song then  
And dream of a time when  
I'd wake to a jolly, great day!

But I'll sing the old song yet,  
Trying not to get upset,  
As I wake to another “locked” day.

## THE CHOICE OF HOPE

### THE CHOICE OF HOPE

A soulful verse did I once write  
To a pretty girl, (It seemed so right!):  
“Like flowers is my love,” I'd said,  
“On the hunk of a hill once taken for dead;  
This burst of colour adorns the hill  
As nothing has, or ever will!”

I had chosen hope right there, my friends,  
With a heart-rending prayer that love ne'er  
ends,  
My verse was “wasted in the desert air”  
Reminding me (oh, it's so unfair!)  
Of Thomas Gray and his elegy;  
While my poem was but an apology.

Oh, a damsel fair she was, and coy!  
She let me hold her 'cause, oh boy!  
I was the pause, decoy, fall guy,  
And she re-grew her claws to cry:  
“Ahoy! To another guy  
Who wouldn't bore her down with verse;  
Though he carried my everlasting curse.

Chose I then, friends, to “blush unseen”,  
To “unfathom'd caves” I gave my sheen  
Never to write, throw pearls before swine,  
I found more pleasure in bottles of wine!





'Twixt ter'yum, teri'ma and ter'yadu  
They offer you a cuppa fresh drawn brew;  
I don't care if you're all gung-ho  
On café, bica or espresso  
The real stuff's here in Tamilnadu.

The "cups" that come from the days of yore  
Can stretch the stuff to a yard or more!  
They'll stretch in once, they'll stretch it twice,  
It's back in the cup, all neat and nice.  
You'll gulp it down and ask for more.



### HOLY TRIANGLE!

What humour backed thy Maker,  
When He made you, Anemone?  
He made the Shamrock, Clover  
St Patrick's "three-in-one".

He made the passion flower  
With purple, blue and red,  
That shows the Path of Power  
That Jesus wear'ly tread.

What hidden truth do thou declare,  
O tridented little wonder?  
As three parts of The Cross you bear,  
Not flauntingly, but under!

Could thou, O sweet land-anemone,  
Be showing The Holy Triune?  
Could there be in your shape and tone  
His message that we're also out of tune?

**THE CORONAVIRUS HAS SHUT DOWN  
ABOUT EVERYTHING EXCEPT....  
THE POWER OF GOD!  
WALK BY FAITH, NOT BY SIGHT.**

# CROSSWORD

By Joey Carvalho

## Indian Catenians

E	M	A	L	A	D	T	P	R	U	F	H	T	A
R	I	L	E	I	R	I	U	B	A	A	U	R	M
O	A	T	N	I	R	T	T	A	N	M	B	M	A
A	R	N	A	G	M	A	T	N	O	I	L	I	N
G	E	E	H	E	O	B	U	D	I	L	I	J	G
R	I	D	T	N	N	E	R	R	T	Y	A	N	A
A	V	I	E	T	T	L	A	A	A	R	I	A	L
M	I	S	S	L	H	C	I	I	T	C	Y	P	O
E	R	E	A	E	L	R	P	T	I	C	E	N	R
V	M	R	H	M	Y	I	P	T	P	P	R	U	E
A	E	P	E	E	A	C	C	N	A	D	N	P	M
A	M	A	B	N	C	A	L	T	C	E	L	L	I
N	C	H	A	I	R	P	E	R	S	O	N	N	O
I	L	I	R	P	B	E	L	G	A	U	M	A	H

CAPITATION  
CHAIRPERSON  
THANE  
BANDRA  
GENTLEMEN  
AREA  
PRACTICING  
PANJIM  
CIRCLE  
MONTHLY  
MARGAO  
PUTTUR  
PRESIDENT  
MANGALORE  
FAMILY  
RIVIERA  
HUBLI  
MALAD  
BELGAUM

# Prayer for those in distress

Brothers, I found this prayer a great comfort recently. The prayer is based on Psalm 28:7.



*The Lord is my strength and my shield. My heart trusts in Him. Although we face difficulty, my soul is comforted by Your infinite Love.*

*Each day I will remember Your holy name in my thoughts and actions. When I pray, the sign of the cross reminds me to keep Your words in my mind, kindness in my heart. I rely on Your Holy Spirit, which is my strength.*

*Although we may face difficulties, teach to find joy and appreciation for everything that is good. Thank you for the life You have given me; for my friends and family. Your love surrounds me everyday.*

*Teach me to know You; to receive God equally in all things, in oppression and in prosperity, in tears and in joy. Always and everywhere He is the same source of grace and love.*

*God bless our Brotherhood.*

**Mariusz Twomey**  
Osterley Circle

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7

# COVID-19 EMERGENCY RELIEF FUND



CATENIANS

## OUR BROTHERS NEED OUR HELP

Help our Catenians Brothers and their families who are greatly affected by the Corona Virus pandemic.

At least

**NO STARVATION IN THE TIMES OF CORONA**

### PLEASE DONATE

Sent your donation to :

Dhaka Catenians Secretary – **Brother Digonto Anthony Gomes**  
bKash mobile no - 01613446686



*D'Elysians*

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# MEDIATION TO RESOLVE DISPUTES

## WHAT IS IT? DO YOU NEED TO KNOW MORE?



**-Not everything needs to be fought in Court. Resolve disputes through Mediation**

**-Speedy Justice -  
MAINTAIN Relationships.  
Repair Communication -  
REDUCE COSTS  
Keep private issues private.**



**Oasis Knowledge Tree**



### WORKSHOP MODULE:

#### First Sunday in a Parish

- will be dedicated to creating awareness about the concept of Mediation.

TIME PERIOD	THEME/ TOPIC	STYLE
10am – 10.30am	Presentation on Mediation & Conflict	Interactive Talk Session & Exercises
10.30am – 11.15pm	How Mediation is different from the Court System, Arbitration, Lok Adalat	Interactive Talk Session & Exercises
11.15am – 11.30am	Comfort Break	
11.30am – 12pm	What are the different kinds of cases that can be referred to Mediation + the process & advantages	Interactive Talk Session & Exercises
12pm – 12.30pm	LIVE DEMO OF MEDIATION SESSION	
12.30pm – 12.45	BATNA / WATNA - Why you should convince your lawyer about mediation	Interactive Talk & Practical Session

#### The follow-up Saturday in a Panaji Centre from 9 a.m. to 1 p.m. (afternoon) & 2 p.m. to 5 p.m.

- will be dedicated exclusively to serving those who want give Mediation a try.
- Certified and trained mediators would provide personal attention to parties who bring forward their disputes. This first session will be FREE.
- It would operate in the form of a free legal aid clinic, but in a more private setting, where only parties to the dispute and the certified mediator would address the conflict behind closed doors.
- Each Session would go on for a maximum of one hour. Both parties will get an opportunity to present their case. If the case needs further time, then the certified mediator will assign time for another session of mediation in a more

### Contact us:

- **Adv. E. O. Mendes** - Accredited Gr 'B' mediator  
+91 7972662678
- **Mr. George Ninan** - Accredited Gr 'B' mediator  
+91 9822123001
- **Adv. Shailendra Bhohe** - Accredited Gr 'B' mediator  
+91 9823165663
- **Ms. Gandha Sahu** - Accredited Gr 'B' mediator  
+91 9011610300